

# Junior Lifeguard Certification 2015 – Rogers Aquatics Center

**What:** A 28 hour course including CPR/AED and First Aid training for ages 11-14

**When:** Tuesdays from 5:30-8pm – April 7, 14, 21, 28 and May 6  
Saturdays from 12-4pm – April 11, 18, 25 and May 2

**Where:** Tuesdays – Rogers Aquatics Center 1707 S. 26<sup>th</sup> St – Off New Hope Rd.  
Saturdays – Rogers Adult Wellness Center 2001 W. Persimmon – Off N. Dixieland

**Why:** The Rogers Aquatics Center has created a Jr. Guard volunteer group to assist the lifeguard staff during the summers. Each Jr. Guard will be expected to volunteer 10-20 hours a week.

**Cost:** \$65.00 Check (Made out to Suzy Turek) or cash

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## How this course will benefit your child:

- Builds leadership skills
- Addresses the importance of effective communication
- Introduces conflict resolution strategies
- Provides empowerment training through emergency response skills and preparation

## How volunteering as a Junior Guard at the Rogers Aquatics Center will benefit your child?

- Opportunity to improve swimming skills and endurance
- Gain “lifeguard” experience by shadowing certified guards on duty
- Practice how to effectively communicate with co-workers and guests of the park
- Participate in lifeguard in-service trainings
- Practice surveillance and emergency response skills
- Jr. Guards who are on the waterpark roster get in free to the park anytime!
- Young teens will have a safe, fun and challenging place to be during those long summer days.

**\*\* Each Jr. Guard on the waterpark volunteer roster will receive a Jr. Lifeguard t-shirt and whistle . Other uniform requirements provided by the volunteer will include a 1-piece swim suit and red or navy shorts (for girls) and red or navy swim trunks (for boys).**

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## Registration for Junior Lifeguarding Class 2015

Name of Student: \_\_\_\_\_ Age: \_\_\_\_\_

Parents Names: \_\_\_\_\_ Cell #: \_\_\_\_\_

Additional Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please scan or take phone pic and email to [sturek@rogersark.org](mailto:sturek@rogersark.org). You may mail it in with check to: 1707 S 26th St. Rogers, AR 72758. Waterpark office hours are 9a-3p Mon-Thurs. Payment in full is required to hold student's place.